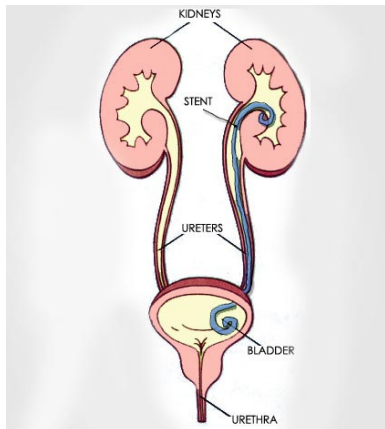


ABOUT A STENT INSERTION

- 50% of people do not realise they are present; the other 50% may experience frequency, urgency or perineal/ penile tip referred pain. Use oxytrol patches for these symptoms.
- A small portion (10%) will suffer from severe stent pain. Use endone as required or mechanically obstruct your stent. To do this - push hand immediately below ribs on stent side where the pain is present and lean over on to this side to mechanically kink the stent.



LONG-TERM STONE PREVENTION

All stone formers should:

- Increase their fluid intake (judge the amount of fluid you need by your urine colour - the darker the urine the more fluid you need)
- Reduce dietary salt
- Recurrent stone formers will be referred on to a renal physician for further fine tuning



DR MARTIN ELMES
HIGH QUALITY,
PERSONALISED AND
PATIENT-FOCUSED
UROLOGICAL CARE

With over 15 years of expertise in the field of Urology, Dr Elmes provides a full range of high quality Urological services for patients with the use of advanced techniques and cutting edge equipment to perform procedures. Dr Elmes is highly qualified in the field of Urology having completed extensive surgical training throughout Melbourne and Sydney.

His main interests in the field include:

PSA Surveillance & Management

Minimally invasive Robotic Prostate & Kidney surgery

Advanced BPH treatments

Laser prostate enucleation (HoLEP)
Rezum water vapour steam therapy
UroLift (Internal Sutures)

Kidney Stones

**Penile Prosthesis Post Robotic Prostatectomy
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Visit our website or call us on (07) 5575 7922 for more information about our urological services.

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A PATIENT GUIDE TO URETEROSCOPY



GOLD COAST UROLOGIST
DR MARTIN ELMES
MBBS (MELB), FRACS (UROL, SYD)
ROBOTIC & LAPAROSCOPIC UROLOGICAL SURGEON

WHAT IS A URETEROSCOPY?

In most cases this is performed because you have a stone trapped in your kidney or in the "ureter" (the drain pipe that connects the kidney to the bladder). The most common cause for Kidney stones is dehydration. Symptoms you will experience with a kidney stone include:

- Severe pain in the side and back, below the ribs
- Pain that radiates to the lower abdomen and groin
- Pain that comes in waves and fluctuates in intensity
- Pain on urination
- Pink, red or brown urine
- Cloudy or foul-smelling urine
- Nausea and vomiting

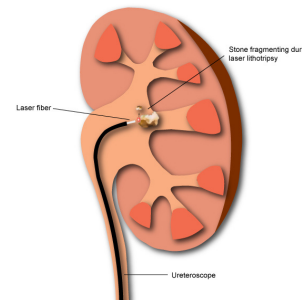
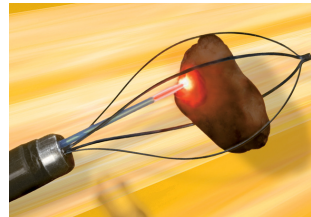
A Ureterscope (a very small camera) is passed up your ureter via the bladder to the stone which is then lasered to dust.

ABOUT THE PROCEDURE

Most Ureteroscopies necessitate a 2-3 stage procedure under general anaesthetic:

1. Insertion of a stent (a thin plastic internal drain tube) from the bladder up to the kidney to allow pain and infection if present to settle
2. Approximately 2 weeks later the stent is removed and the now dilated ureter is much easier to traverse with a very fine camera and laser. The stone is vaporised in this procedure. In almost all cases a new stent is placed to minimise pain and roughly a week later the stent is removed either as an in-patient or out-patient.

Dr Elmes utilises the advanced Cyber Ho Laser that offers a complete solution for stone treatment. A unique feature of this laser is the stone vapor tunnel capability. This laser allows stone ablation while holding the target close and in place to continue lasering the stone. This results in easier treatment and due to less stone retropulsion it prevents time consuming fiber repositioning overall enabling for quicker procedure times.



WHAT TO EXPECT POST YOUR PROCEDURE

Expect:

- Sensation of needing to urinate (settles 24hrs in 50% of people)
- Some mild burning or blood in the urine (may come and go until after the stent is out)
- Stent insertion – you are likely to need a stent (a fine plastic tube). It allows urine to drain from your kidney into your bladder when you have a blockage (such as a stone or growth) in your ureter.
- A further procedure to remove your stent (internal drain)
- Return to work when you are feeling comfortable. Dr Elmes rooms can provide you with with a medical certificate if required.

What to do:

- Drink plenty of fluid - to avoid blood clots blocking to stent, causing severe pain
- Do NOT dehydrate
- You can exercise and do most normal activities with a stent in

Avoid:

- Working/strenuous activity for 24hour

Inform Dr Elmes rooms or head to John Flynn Hospital emergency department if:

- If you are unable to urinate (urinary retention) contact our rooms, or if our rooms are unattended admit yourself to the John Flynn emergency department for treatment
- Your urine becomes a red, thick strawberry jam consistency (i.e. heavy continuous bleeding +/- clots)
- Fevers/unwell
- You may be otherwise concerned